

Learn to Swim

Group lessons start June 6 – August 12

Go to the Web from times and sessions

Alden Bridge Pool

Session 1 – 5

Pool Closed on Mondays

Falconwing Pool

Session 1 – 5

Pool Closed on Wednesdays

Lakeside Pool

Session 1 – 4

Pool Closed on Fridays

Rob Fleming

Session 1 – 4

Pool Closed on Mondays

Call Debbie Arnold 281-210-3904 to be evaluated

Swim With Me - Infants and toddlers will sing songs. Play games to get your child to enjoy the water experience while teaching them skills as: enter and exit water, feeling comfortable in the water, submerge and explore breath control, floating on back and front changing body position in water, playing safely in the water and experience wearing a life jacket.

Preschool – Entering the water independently using ladder, steps and side of pool, exiting the water, submerging mouth and blowing bubbles, gliding on front and back with support, rolling to front and back with support, recovering to a vertical position with support and pushing off the swimming using arms and leg movement.

Level 1 – Introduction to the water skills -

Entering and exiting water safely, starting to learn to float with out support, Learn to recover to a vertical position, explore various arm and leg actions, learning the foundation for future stroke development.

Level 2 – Fundamental Aquatic Skills - Stepping from the side into chest-deep water, moving into a front float rolling to back float, pushing off and swimming using combined arm and leg movement on front and back rolling to front and continue swimming.

Level 3 – Stroke Development - Survival float, front crawl (free), elementary backstroke, scissor and dolphin kick, fundamentals of treading water, safety rules for head first entries, early progressions for entering the water headfirst for the side of the pool.

Advance – Stroke Improvement – Increase their endurance by swimming familiar strokes (free, elementary back), build on the scissor kick and dolphin kick by adding arms, learning back and breast, learning the basics of the turning at the wall.

Jr. Swim Team – Swimming free and back stroke for 25 yards, working on butterfly and breast stroke, open turns and starts

Each session \$65. for residents

REGISTER NOW!

The Woodlands Township Recreation Center
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